

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/01/2024				
ECE COLD BREAKFAST	Total			
WAFFLES,MINI MAPLE	PACKAGE	190	36.0	5.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 02/02/2024				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Mon - 02/05/2024				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Tue - 02/06/2024				
ECE COLD BREAKFAST	Total			
WAFFLES,MINI MAPLE	PACKAGE	190	36.0	5.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 02/07/2024				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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.

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

Page 2

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/08/2024				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
				<=30.0

Fri - 02/09/2024				
ECE COLD BREAKFAST	Total			
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Mon - 02/12/2024				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	19.5	3.25
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Tue - 02/13/2024				
ECE COLD BREAKFAST	Total			
WAFFLES,MINI MAPLE	PACKAGE	190	36.0	5.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 02/14/2024				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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.

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

Page 3

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/15/2024				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 02/16/2024				
ECE COLD BREAKFAST	Total			
WAFFLES,MINI MAPLE	PACKAGE	190	36.0	5.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 02/21/2024				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Thu - 02/22/2024				
ECE COLD BREAKFAST	Total			
WAFFLES,MINI MAPLE	PACKAGE	190	36.0	5.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Fri - 02/23/2024				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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.

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 02/26/2024				
ECE COLD BREAKFAST	Total			
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Tue - 02/27/2024				
ECE COLD BREAKFAST	Total			
WAFFLES,MINI MAPLE	PACKAGE	190	36.0	5.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 02/28/2024				
ECE COLD BREAKFAST	Total			
MUFFIN VARIETY (SM)	1 EACH	118	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Thu - 02/29/2024				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

--	--	--	--	--

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.