

San Juan Unified School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

ECE (HOT)BREAKFAST

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/01/2024				
ECE (HOT)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 (HOT)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 (HOT)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 (HOT)BREAKFAST	Total			
BURRITO WG - EGG & CH	1 EACH	210	23.0	8.0
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

Wed - 02/07/2024				
ECE (HOT)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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/08/2024				
ECE (HOT)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

Fri - 02/09/2024				
ECE (HOT)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 (HOT)BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
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 - 02/13/2024				
ECE (HOT)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 (HOT)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

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Thu - 02/15/2024				
ECE (HOT)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 (HOT)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

Mon - 02/26/2024				
ECE (HOT)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
				3.00
				9.6%
				<=30.0

Tue - 02/27/2024				
ECE (HOT)BREAKFAST	Total			
BURRITO WG - EGG & CH	1 EACH	210	23.0	8.0
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

Wed - 02/28/2024				
ECE (HOT)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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 02/29/2024				
ECE (HOT)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

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