

# San Juan Unified School District

Mar 1, 2024 thru Mar 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)
Fri - 03/01/2024				
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 - 03/04/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	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 - 03/05/2024				
ELEM, K-8 BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	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 - 03/06/2024				
ELEM, K-8 BREAKFAST	Total			
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
YOG PARFAIT/SUNUP	SERVING	310	58.0	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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 03/07/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
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 - 03/08/2024				
ELEM, K-8 BREAKFAST	Total			
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
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

Mon - 03/11/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
CHKN ON WAFFLE	PKG	210	22.0	10.0
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 - 03/12/2024				
ELEM, K-8 BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Wed - 03/13/2024</b>				
ELEM, K-8 BREAKFAST	Total			
FIESTA EGG BOWL, TORTILLA	SVG	230	28.4	8.87
CEREAL VARIETY, WG	BOWL/CUP	223	45.75	3.75
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

<b>Thu - 03/14/2024</b>				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
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

<b>Fri - 03/15/2024</b>				
ELEM, K-8 BREAKFAST	Total			
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
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

<b>Mon - 03/18/2024</b>				
ELEM, K-8 BREAKFAST	Total			
SLICED LOAF VARIETY, WG	1 EACH	240	43.5	8.0
CEREAL VARIETY, WG	BOWL/CUP	223	45.75	3.75
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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ELEM, K-8 BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Tue - 03/19/2024</b>				
ELEM, K-8 BREAKFAST	Total			
FIESTA EGG BOWL, TORTILLA	SVG	230	28.4	8.87
OATS -OVERNIGHT WG, SUNUP	SERVING	340	59.8	5.78
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

<b>Wed - 03/20/2024</b>				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
YOG PARFAIT/SUNUP	SERVING	310	58.0	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

<b>Thu - 03/21/2024</b>				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT WG, SUNUP	SERVING	340	59.8	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

<b>Fri - 03/22/2024</b>				
ELEM, K-8 BREAKFAST	Total			
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
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)
<b>Mon - 03/25/2024</b>				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPEN0 CR CHEESE	PKG	220	27.0	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

<b>Tue - 03/26/2024</b>				
ELEM, K-8 BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	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

<b>Wed - 03/27/2024</b>				
ELEM, K-8 BREAKFAST	Total			
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
YOG PARFAIT/SUNUP	SERVING	310	58.0	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

<b>Thu - 03/28/2024</b>				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
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 Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/29/2024				
ELEM, K-8 BREAKFAST	Total			
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
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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