

San Juan Unified School District

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/01/2024				
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 - 03/04/2024				
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 - 03/05/2024				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 03/06/2024				
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

Thu - 03/07/2024				
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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/08/2024				
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

Mon - 03/11/2024				
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 - 03/12/2024				
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

Wed - 03/13/2024				
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

Thu - 03/14/2024				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/15/2024				
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 - 03/18/2024				
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

Tue - 03/19/2024				
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

Wed - 03/20/2024				
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

Thu - 03/21/2024				
ECE COLD BREAKFAST	Total			
WAFFLES,MINI MAPLE	PACKAGE	190	36.0	5.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/22/2024				
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 - 03/25/2024				
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 - 03/26/2024				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 03/27/2024				
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

Thu - 03/28/2024				
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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/29/2024				
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

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