

# San Juan Unified School District

## Base Menu Spreadsheet

## HS BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mondays				
HS BREAKFAST	Total			
CINNAMON ROLL	1 EACH	250	39.0	8.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
PAN DULCE	1 EACH	230	30.0	10.0
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
CHKN ON WAFFLE	PKG	210	22.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
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

Tuesdays				
HS BREAKFAST	Total			
CINNAMON ROLL	1 EACH	250	39.0	8.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
PAN DULCE	1 EACH	230	30.0	10.0
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
BAGEL /JALPEÑO CR CHEESE	PKG	220	27.0	10.0
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
JUICE VARIETY, BOX	CARTONS	60	14.5	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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wednesdays				
HS BREAKFAST	Total			
CINNAMON ROLL	1 EACH	250	39.0	8.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
PAN DULCE	1 EACH	230	30.0	10.0
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
PEARS,CANNED	1/2 CUP	60	16.0	0.0
JUICE VARIETY, BOX	CARTONS	60	14.5	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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thursdays				
HS BREAKFAST	Total			
CINNAMON ROLL	1 EACH	250	39.0	8.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
PAN DULCE	1 EACH	230	30.0	10.0
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
CHKN ON WAFFLE	PKG	210	22.0	10.0
BOILED EGG W/CORN MUFFIN	SERVING	327	45.0	12.4
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
JUICE VARIETY, BOX	CARTONS	60	14.5	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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fridays				
HS BREAKFAST	Total			
CINNAMON ROLL	1 EACH	250	39.0	8.0
OATS -OVERNIGHT WG,SUNUP	SERVING	340	59.8	5.78
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
PAN DULCE	1 EACH	230	30.0	10.0
PANCAKES W/FRUIT	SERVING	160	33.0	2.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.75	3.75
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
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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