

San Juan Unified School District

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

ELEM, K-8 BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/01/2024				
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 - 04/02/2024				
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 - 04/03/2024				
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

Thu - 04/04/2024				
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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 04/05/2024				
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 - 04/08/2024				
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 - 04/09/2024				
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

Wed - 04/10/2024				
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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 04/11/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPEN0 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

Fri - 04/12/2024				
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

Mon - 04/15/2024				
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

Tue - 04/16/2024				
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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 04/17/2024				
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

Thu - 04/18/2024				
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
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

Fri - 04/19/2024				
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 - 04/22/2024				
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

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 04/23/2024				
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 - 04/24/2024				
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

Thu - 04/25/2024				
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 - 04/26/2024				
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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/29/2024				
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 - 04/30/2024				
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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