

San Juan Unified School District

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

ECE (HOT)BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/01/2024				
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 - 04/02/2024				
ECE (HOT)BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 04/03/2024				
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

Thu - 04/04/2024				
ECE (HOT)BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
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

Fri - 04/05/2024				
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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/08/2024				
ECE (HOT)BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
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 - 04/09/2024				
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

Wed - 04/10/2024				
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

Thu - 04/11/2024				
ECE (HOT)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

Fri - 04/12/2024				
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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/15/2024				
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

Tue - 04/16/2024				
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

Wed - 04/17/2024				
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

Thu - 04/18/2024				
ECE (HOT)BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
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 - 04/19/2024				
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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/22/2024				
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 - 04/23/2024				
ECE (HOT)BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Wed - 04/24/2024				
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

Thu - 04/25/2024				
ECE (HOT)BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
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

Mon - 04/29/2024				
ECE (HOT)BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
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

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