

San Juan Unified School District

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

ELEM, K-8 BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/01/2024				
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
		444	72.18	*9.12

Thu - 05/02/2024				
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
		433	69.95	*10.19

Fri - 05/03/2024				
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
		400	71.55	*6.39

Mon - 05/06/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
CEREAL VARIETY, WG	BOWL/CUP	223	45.67	4.17
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
		424	67.74	*10.11

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 05/07/2024				
ELEM, K-8 BREAKFAST	Total			
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
		396	61.88	*7.25

Wed - 05/08/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
		506	82.84	*11.66

Thu - 05/09/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	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
		470	75.30	*10.01

Fri - 05/10/2024				
ELEM, K-8 BREAKFAST	Total			
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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
		472	83.66	*9.52

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 05/13/2024				
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
		417	62.50	*11.27

Tue - 05/14/2024				
ELEM, K-8 BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	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
		448	80.47	*8.94

Wed - 05/15/2024				
ELEM, K-8 BREAKFAST	Total			
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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
		414	65.66	*9.20

Thu - 05/16/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
		530	88.65	*11.59

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 05/17/2024				
ELEM, K-8 BREAKFAST	Total			
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
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
		459	76.23	*10.07

Mon - 05/20/2024				
ELEM, K-8 BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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
		442	81.64	*8.50

Tue - 05/21/2024				
ELEM, K-8 BREAKFAST	Total			
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	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
		388	59.68	*8.43

Wed - 05/22/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
		494	79.88	*11.65

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/23/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	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
		415	61.53	*10.85

Fri - 05/24/2024				
ELEM, K-8 BREAKFAST	Total			
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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
		440	78.87	*8.35

Tue - 05/28/2024				
ELEM, K-8 BREAKFAST	Total			
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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
		424	67.74	*10.11

Wed - 05/29/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE	1 EACH	230	30.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
		506	82.84	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/30/2024				
ELEM, K-8 BREAKFAST	Total			
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	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
		470	75.30	*10.01

Fri - 05/31/2024				
ELEM, K-8 BREAKFAST	Total			
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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
		472	83.66	*9.52

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