

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)
Monday				
HS BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
PAN DULCE-PINK	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
CHKN ON WAFFLE	PKG	210	22.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tuesday				
HS BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
PAN DULCE-PINK	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
BAGEL /JALPEN0 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
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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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wednesday				
HS BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
PAN DULCE-PINK	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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	45.67	4.17
PEARS,CANNED	1/2 CUP	60	16.0	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

Thursday				
HS BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
PAN DULCE-PINK	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
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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Friday				
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SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
PAN DULCE-PINK	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
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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	45.67	4.17
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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