

San Juan Unified School District

May 1, 2024 thru May 31, 2024

Base Menu Spreadsheet

ECE COLD BREAKFAST

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/01/2024				
ECE COLD 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
			62.41	*7.54

Thu - 05/02/2024				
ECE COLD 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
		260	44.00	2.50

Fri - 05/03/2024				
ECE COLD 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
		497	71.41	*14.94

Mon - 05/06/2024				
ECE COLD 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
		280	49.00	9.6%

Tue - 05/07/2024				
ECE COLD 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
		260	44.00	2.50

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Page 2

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Wed - 05/08/2024				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	14.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		241	27.55	*7.55

Thu - 05/09/2024				
ECE COLD BREAKFAST	Total			
FRENCH TOAST, MINI IW	PACKAGE	220	37.0	7.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		390	63.41	*9.54

Fri - 05/10/2024				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND, CINN/APP	1 BAR & 1 CARTO	280	38.0	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		450	64.41	*14.54

Mon - 05/13/2024				
ECE COLD 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
		280	49.00	3.00

Tue - 05/14/2024				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	14.0	1.0
PEACHES, CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		261	31.14	7.51

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Page 3

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Wed - 05/15/2024				
ECE COLD 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
		260	44.00	2.50

Thu - 05/16/2024				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		450	64.41	*14.54

Fri - 05/17/2024				
ECE COLD BREAKFAST	Total			
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
		260	45.41	*3.04

Mon - 05/20/2024				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		450	64.41	*14.54

Tue - 05/21/2024				
ECE COLD BREAKFAST	Total			
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		260	42.00	2.50
		419		

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Page 4

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/22/2024				
ECE COLD BREAKFAST	Total			
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
		280	49.00	3.00

Thu - 05/23/2024				
ECE COLD BREAKFAST	Total			
FRENCH TOAST,MINI IW	PACKAGE	220	37.0	7.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		410	69.00	9.50

Fri - 05/24/2024				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	14.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		241	27.55	*7.55

Tue - 05/28/2024				
ECE COLD 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
		280	49.00	3.00

Wed - 05/29/2024				
ECE COLD BREAKFAST	Total			
BOILED EGG	1 EACH	70	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	14.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		241	27.55	*7.55

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Page 5

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/30/2024				
ECE COLD BREAKFAST	Total			
FRENCH TOAST,MINI IW	PACKAGE	220	37.0	7.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		390	63.41	*9.54

Fri - 05/31/2024				
ECE COLD BREAKFAST	Total			
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
		450	64.41	*14.54

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