

**San Juan Unified School District**

**May 1, 2024 thru May 31, 2024**

Base Menu Spreadsheet

ECE (HOT)BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/01/2024				
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 - 05/02/2024				
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
		260	44.00	2.50

Fri - 05/03/2024				
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
		497	71.41	*14.94

Mon - 05/06/2024				
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
		280	49.00	3.00

Tue - 05/07/2024				
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
		260	44.00	2.50

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/08/2024				
ECE (HOT)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	

Thu - 05/09/2024				
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
		356	47.81	*10.64

Fri - 05/10/2024				
ECE (HOT)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 (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
		376	51.40	10.60

Tue - 05/14/2024				
ECE (HOT)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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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Wed - 05/15/2024</b>				
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
		260	44.00	2.50

<b>Thu - 05/16/2024</b>				
ECE (HOT)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

<b>Fri - 05/17/2024</b>				
ECE (HOT)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

<b>Mon - 05/20/2024</b>				
ECE (HOT)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

<b>Tue - 05/21/2024</b>				
ECE (HOT)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

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 05/22/2024				
ECE (HOT)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 (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
		376	53.40	10.60

Fri - 05/24/2024				
ECE (HOT)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 (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
		280		3.00

Wed - 05/29/2024				
ECE (HOT)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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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 05/30/2024				
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
		356	47.81	*10.64

Fri - 05/31/2024				
ECE (HOT)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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