

San Juan Unified School District
Jul 1, 2024 thru Jul 31, 2024 Menu Spreadsheet ELEM, K-8 BREAKFAST

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 07/01/2024				
PAN DULCE-PINK	1 EACH	230	30.0	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
Tue - 07/02/2024				
PANCAKES W/BERRY BLEND	SERVING	177	38.01	2.0
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
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
Wed - 07/03/2024				
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
Fri - 07/05/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
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
Mon - 07/08/2024				
ELEM, K-8 BREAKFAST	Total			
PAN DULCE-PINK	1 EACH	230	30.0	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
Tue - 07/09/2024				
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - 07/10/2024				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
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
Thu - 07/11/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
PEACHES,CANNED	1/2 CUP	60	14.0	0.0

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
Fri - 07/12/2024				
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
Mon - 07/15/2024				
PAN DULCE-PINK	1 EACH	230	30.0	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
Tue - 07/16/2024				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
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
Wed - 07/17/2024				
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
Thu - 07/18/2024				
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
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
Fri - 07/19/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
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
Mon - 07/22/2024				
PAN DULCE-PINK	1 EACH	230	30.0	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
Tue - 07/23/2024				
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Wed - 07/24/2024				
ELEM, K-8 BREAKFAST	Total			
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
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
Thu - 07/25/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
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
Fri - 07/26/2024				
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
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
Mon - 07/29/2024				
PAN DULCE-PINK	1 EACH	230	30.0	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
Tue - 07/30/2024				
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - 07/31/2024				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

