

San Juan Unified School District Jul 1, 2024 thru Jul 31, 2024
ECE COLD BREAKFAST

	Portion Size	Calories (kcal)	Carb (g)	T-Fat (g)
Mon - 07/01/2024				
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
Tue - 07/02/2024				
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
Wed - 07/03/2024				
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
Fri - 07/05/2024				
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
Mon - 07/08/2024				
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
Tue - 07/09/2024				
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
Wed - 07/10/2024				
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
Thu - 07/11/2024				
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
Fri - 07/12/2024				
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
Mon - 07/15/2024				
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
Tue - 07/16/2024				
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
Wed - 07/17/2024				
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
Thu - 07/18/2024				
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
Fri - 07/19/2024				
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
Mon - 07/22/2024				
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
Tue - 07/23/2024				
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
Wed - 07/24/2024				
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
Thu - 07/25/2024				
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
Fri - 07/26/2024				
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
Mon - 07/29/2024				

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
Tue - 07/30/2024				
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

Wed - 07/31/2024				
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

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.