

San Juan Unified School District

September 2024, Nutrient Analysis

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 09/03/2024				
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - 09/04/2024				
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
SUNFLOWER SEEDS	BAG	170	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	1.0	3.0
CARROTS, PKG	2.6 OZ PK	25	6.0	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
Thu - 09/05/2024				
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
CHEESE, STRING (1)	1 EACH	60	1.0	3.0
CORN MUFFIN,WG	1 EACH	257	44.0	7.4
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Fri - 09/06/2024				
TURKEY COMBO W/ CRACKERS	SERVING	359	33.98	18.93
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Mon - 09/09/2024				
CHEESE LUNCH PACK	PKG	312	34.3	11.21
CARROTS, PKG	2.6 OZ PK	25	6.0	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
Tue - 09/10/2024				
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - 09/11/2024				
HUMMUS W/ CHIPS	SERVING	380	50.0	15.5
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Thu - 09/12/2024				
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
CHEESE, STRING (1)	1 EACH	60	1.0	3.0
CORN MUFFIN,WG	1 EACH	257	44.0	7.4
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Fri - 09/13/2024				
TURKEY COMBO W/ CRACKERS	SERVING	359	33.98	18.93
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Mon - 09/16/2024				
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0
SUNFLOWER SEEDS	BAG	170	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	1.0	3.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Tue - 09/17/2024				
TURKEY COMBO W/ CRACKERS	SERVING	359	33.98	18.93
CELERY STICKS	1/2 CUP	8	1.5	0.09
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 - 09/18/2024				
HUMMUS W/ CHIPS	SERVING	380	50.0	15.5
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Thu - 09/19/2024				
CRACKER, WHEAT	1 Each	180	30.0	6.0
BOILED EGG	1 EACH	70	1.0	5.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Fri - 09/20/2024				
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
CHEESE, STRING (1)	1 EACH	60	1.0	3.0
CORN MUFFIN,WG	1 EACH	257	44.0	7.4
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Mon - 09/23/2024				
CHEESE LUNCH PACK	PKG	312	34.3	11.21
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Tue - 09/24/2024				
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0

Wed - 09/25/2024				
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	38.0	12.0

SUNFLOWER SEEDS	BAG	170	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	1.0	3.0
CARROTS, PKG	2.6 OZ PK	25	6.0	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
Thu - 09/26/2024				
YOGURT, STRAW / BANANA	1 CARTON	70	12.0	0.0
CHEESE, STRING (1)	1 EACH	60	1.0	3.0
CORN MUFFIN, WG	1 EACH	257	44.0	7.4
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Fri - 09/27/2024				
TURKEY COMBO W/ CRACKERS	SERVING	359	33.98	18.93
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Mon - 09/30/2024				
CHEESE LUNCH PACK	PKG	312	34.3	11.21
CARROTS, PKG	2.6 OZ PK	25	6.0	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

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.

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