

San Juan Unified School District
September 2024 Nutrient Analysis HIGH SCHOOL

	<u>BREAKFAST</u>	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mondays					
SLICED LOAF VARIETY,WG	1 EACH		240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH		226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH		181	20.92	6.0
FIESTA EGG BOWL,TORTILLA	SVG		230	28.4	8.87
PAN DULCE-PINK	1 EACH		230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING		528	81.59	12.63
FRENCH TOAST W/FRUIT	SERVING		307	50.01	10.0
YOG PARFAIT/BERRY	SERVING		518	93.79	11.3
CHKN ON WAFFLE	PKG		210	22.0	10.0
CEREAL VARIETY,WG	BOWL/CUP		223	45.67	4.17
APPLESAUCE CUP ,IW	1 EACH		60	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	10.41	*0.04
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
Tuesdays					
SLICED LOAF VARIETY,WG	1 EACH		240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH		226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH		181	20.92	6.0
FIESTA EGG BOWL,TORTILLA	SVG		230	28.4	8.87
PAN DULCE-PINK	1 EACH		230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING		528	81.59	12.63
FRENCH TOAST W/FRUIT	SERVING		307	50.01	10.0
YOG PARFAIT/BERRY	SERVING		518	93.79	11.3
BAGEL /JALPENO CR CHEESE	PKG		220	27.0	10.0
BOILED EGG W/CORN MUFFIN	SERVING		327	45.0	12.4
PEACHES,CANNED	1/2 CUP		60	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	10.41	*0.04
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
Wednesdays					
SLICED LOAF VARIETY,WG	1 EACH		240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH		226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH		181	20.92	6.0
PAN DULCE-PINK	1 EACH		230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING		528	81.59	12.63
FRENCH TOAST W/FRUIT	SERVING		307	50.01	10.0
YOG PARFAIT/BERRY	SERVING		518	93.79	11.3
FIESTA EGG BOWL,TORTILLA	SVG		230	28.4	8.87
BOILED EGG W/CORN MUFFIN	SERVING		327	45.0	12.4
CEREAL VARIETY,WG	BOWL/CUP		223	45.67	4.17
PEARS,CANNED	1/2 CUP		60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	10.41	*0.04
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
Thursdays					
SLICED LOAF VARIETY,WG	1 EACH		240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH		226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH		181	20.92	6.0
PAN DULCE-PINK	1 EACH		230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING		528	81.59	12.63
FIESTA EGG BOWL,TORTILLA	SVG		230	28.4	8.87
FRENCH TOAST W/FRUIT	SERVING		307	50.01	10.0
YOG PARFAIT/BERRY	SERVING		518	93.79	11.3
CHKN ON WAFFLE	PKG		210	22.0	10.0
BOILED EGG W/CORN MUFFIN	SERVING		327	45.0	12.4

MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
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
Fridays				
HS BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
MUFFIN VARIETY (LARGE)	1 EACH	226	39.25	6.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
PAN DULCE-PINK	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
BAGEL /JALPEN0 CR CHEESE	PKG	220	27.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
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.

This institution is an equal opportunity provider.