

# San Juan Unified School District

September 2024, Nutrient Analysis

## ELEM;K-8 BREAKFAST

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Tue - 09/03/2024</b>				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
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
<b>Wed - 09/04/2024</b>				
PAN DULCE	1 EACH	230	30.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	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
<b>Thu - 09/05/2024</b>				
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
<b>Fri - 09/06/2024</b>				
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
<b>Mon - 09/09/2024</b>				
PAN DULCE	1 EACH	230	30.0	10.0
CHKN ON WAFFLE	PKG	210	22.0	10.0
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
<b>Tue - 09/10/2024</b>				
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	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
<b>Wed - 09/11/2024</b>				
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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 - 09/12/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Fri - 09/13/2024				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
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 - 09/16/2024				
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Tue - 09/17/2024				
FIESTA EGG BOWL,TORTILLA	SVG	230	28.4	8.87
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
APPLESAUCE CUP ,IW	1 EACH	60	14.0	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 - 09/18/2024				
PAN DULCE	1 EACH	230	30.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	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
Thu - 09/19/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
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
Fri - 09/20/2024				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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 - 09/23/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	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 - 09/24/2024				
CHORIZO CHEESE PIZZA	1 EACH	181	20.92	6.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
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
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
Wed - 09/25/2024				
PAN DULCE	1 EACH	230	30.0	10.0
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	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
Thu - 09/26/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Fri - 09/27/2024				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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 - 09/30/2024				
PAN DULCE	1 EACH	230	30.0	10.0
CHKN ON WAFFLE	PKG	210	22.0	10.0
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

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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