

San Juan Unified School District

September 2024, Nutrient Analysis ECE(HOT) BREAKFAST

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 09/03/2024				
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
Wed - 09/04/2024				
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 - 09/05/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
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
Fri - 09/06/2024				
OATMEAL ROUND,CINN/APP	1 BAR	280	38.0	12.0
FRUIT, FRESH VARIETY	1/2 CUP	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Mon - 09/09/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
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 - 09/10/2024				
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 - 09/11/2024				
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 - 09/12/2024				
OATMEAL ROUND,CINN/APP	1 BAR	280	38.0	12.0
FRUIT, FRESH VARIETY	1/2 CUP	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Fri - 09/13/2024				
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 - 09/16/2024				
OATMEAL ROUND,CINN/APP	1 BAR &	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 - 09/17/2024				
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 - 09/18/2024				
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 - 09/19/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Fri - 09/20/2024				
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 - 09/23/2024				
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 - 09/24/2024				
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 - 09/25/2024				
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 - 09/26/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
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
Fri - 09/27/2024				
OATMEAL ROUND,CINN/APP		280	38.0	12.0
FRUIT, FRESH VARIETY	1 BAR	40	10.41	*0.04
MILK, WHITE 1%	1/2 CUP	130	16.0	2.5
	1 CARTON			
Mon - 09/30/2024				
CHKN ON WAFFLE	PKG	210	22.0	10.0
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

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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