

San Juan Unified School District
SEPTEMBER , 2024 Nutrient Analysis MIDDLE SCHOOL

BREAKFAST

	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
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
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 /JALPENO CR CHEESE	PKG	220	27.0	10.0
PEACHES,CANNED	1/2 CUP	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
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
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
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
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	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

Fridays				
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
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.