

San Juan Unified School District

October 2024 , Nutrient Analysis

BRIDGES SUPER SNACK

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 10/01/2024				
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
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
Wed - 10/02/2024				
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
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
Thu - 10/03/2024				
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
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
Mon - 10/07/2024				
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 - 10/08/2024				
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
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - 10/09/2024				
MUFFIN VARIETY (LARGE)	1 EACH	223	38.25	6.0
CHEESE, STRING (2)	2 EACH	120	2.0	6.0
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 - 10/10/2024				
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
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 - 10/11/2024				
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 - 10/14/2024				
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 - 10/15/2024				
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 - 10/16/2024				
MUFFIN VARIETY (LARGE)	1 EACH	223	38.25	6.0
CHEESE, STRING (2)	2 EACH	120	2.0	6.0
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 - 10/17/2024				
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 - 10/18/2024				
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
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
Mon - 10/21/2024				
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 - 10/22/2024				
BOILED EGG	1 EACH	70	1.0	5.0
CRACKER, WHEAT	1 Each	180	30.0	6.0
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
Wed - 10/23/2024				
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
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

Thu - 10/24/2024				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
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 - 10/25/2024				
TURKEY COMBO W/ CRACKERS	SERVING	359	33.98	18.93
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
Mon - 10/28/2024				
CHEESE LUNCH PACK	PKG	312	34.3	11.21
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
Tue - 10/29/2024				
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
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - 10/30/2024				
MUFFIN VARIETY (LARGE)	1 EACH	223	38.25	6.0
CHEESE, STRING (2)	2 EACH	120	2.0	6.0
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 - 10/31/2024				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	56.0	34.0
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

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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