

San Juan Unified School District

October 2024 , Nutrient Analysis

ECE (Hot) Breakfast

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 10/01/2024				
TURKEY ,EGG,CH CALZONE	1 EACH	200	25.0	9.0
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
Wed - 10/02/2024				
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
CUP ,IW	EACH	60	14.0	0.0
APPLESAUCE	1	130	16.0	2.5
MILK, WHITE 1%	1 CARTON			
Thu - 10/03/2024				
FRENCH TOAST,MINI IW	PACKAGE	220	37.0	7.0
FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Mon - 10/07/2024				
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
CUP ,IW	EACH	60	14.0	0.0
APPLESAUCE	1	130	16.0	2.5
MILK, WHITE 1%	1 CARTON			
Tue - 10/08/2024				
MUFFIN VARIETY (SM)	1 EACH	118	19.5	3.25
VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRESH MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed - 10/09/2024				
BOILED EGG	1 EACH	70	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	14.0	1.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 10/10/2024				
FRENCH TOAST,MINI IW	PACKAGE	220	37.0	7.0
FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Fri - 10/11/2024				
OATMEAL ROUND,CINN/APP	1 BAR	280	38.0	12.0
FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Mon - 10/14/2024				
CEREAL, VARIETY (ECE)	BOWLS	90	19.0	0.5
CUP ,IW	EACH	60	14.0	0.0
APPLESAUCE	1	130	16.0	2.5
MILK, WHITE 1%	1 CARTON			
Tue - 10/15/2024				
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

Wed - 10/16/2024						
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 - 10/17/2024						
OATMEAL ROUND,CINN/APP	FRUIT,	1 BAR	SVG	280	38.0	12.0
FRESH VARIETY	MILK, WHITE 1%	(1/2 CUP)		40	10.41	*0.04
		1 CARTON		130	16.0	2.5
Fri - 10/18/2024						
TURKEY ,EGG,CH CALZONE		1 EACH		200	25.0	9.0
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
Mon - 10/21/2024						
OATMEAL ROUND,CINN/APP	FRUIT,	1 BAR	SVG	280	38.0	12.0
FRESH VARIETY	MILK, WHITE 1%	(1/2 CUP)		40	10.41	*0.04
		1 CARTON		130	16.0	2.5
Tue - 10/22/2024						
TURKEY ,EGG,CH CALZONE		1 EACH		200	25.0	9.0
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
Wed - 10/23/2024						
CEREAL, VARIETY (ECE)	APPLESAUCE	BOWLS	1	90	19.0	0.5
CUP ,IW	MILK, WHITE 1%	EACH		60	14.0	0.0
		1 CARTON		130	16.0	2.5
Thu - 10/24/2024						
FRENCH TOAST,MINI IW	FRUIT,	PACKAGE	SVG	220	37.0	7.0
FRESH VARIETY		(1/2 CUP)		40	10.41	*0.04
MILK, WHITE 1%		1 CARTON		130	16.0	2.5
Fri - 10/25/2024						
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
Mon - 10/28/2024						
TURKEY ,EGG,CH CALZONE		1 EACH		200	25.0	9.0
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 - 10/29/2024						
MUFFIN VARIETY (SM)	FRUIT,	1 EACH		118	19.5	3.25
FRESH VARIETY	MILK,	1/2 CUP		40	10.41	0.0
WHITE 1%		1 CARTON		130	16.0	2.5
Wed - 10/30/2024						
BOILED EGG		1 EACH		70	1.0	5.0
BUN, MINI WHEAT		1 EACH		80	14.0	1.0
PEARS,CANNED		1/2 CUP		60	16.0	0.0
MILK, WHITE 1%		1 CARTON		130	16.0	2.5

Thu - 10/31/2024						
FRENCH TOAST,MINI IW	FRUIT,	PACKAGE	SVG	220	37.0	7.0
FRESH VARIETY		(1/2 CUP)		40	10.41	*0.04 2.5
MILK, WHITE 1%		1 CARTON		130	16.0	

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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