

# San Juan Unified School District

October 2024 , Nutrient Analysis

## ECE (Cold) Breakfast

		Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 10/01/2024					
YOGURT, STRAW / BANANA	FRUIT,	1 CARTON	70	12.0	0.0
FRESH VARIETY	MILK, WHITE 1%	(1/2 CUP) 1	40	10.41	*0.04 2.5
		CARTON	130	16.0	
Wed - 10/02/2024					
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 - 10/03/2024					
FRENCH TOAST,MINI IW	FRUIT,	PACKAGE	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	
Fri - 10/04/2024					
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 - 10/07/2024					
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
Tue - 10/08/2024					
MUFFIN VARIETY (SM)	FRESH	1 EACH	118	19.5	3.25
VARIETY	MILK, WHITE 1%	SVG (1/2 CUP) 1	40	10.41	*0.04
		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	FRUIT,	PACKAGE	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	
Fri - 10/11/2024					
OATMEAL ROUND,CINN/APP	FRUIT,	1 BAR	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

Mon - 10/14/2024						
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
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						
MUFFIN VARIETY (SM)		1 EACH		118	19.5	3.25
PEACHES,CANNED	MILK,	1/2 CUP		60	14.0	0.0
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						
YOGURT, STRAW / BANANA	FRUIT,	1 CARTON	SVG	70	12.0	0.0
FRESH VARIETY	MILK, WHITE 1%	(1/2 CUP)	1	40	10.41	*0.04
		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						
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
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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