

# San Juan Unified School District

October 2024 , Nutrient Analysis

## MIDDLE SCHOOLS BREAKFAST

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
<b>Mondays</b>				
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FRESH BAKED MINI LOAF	SVG	435	70.49	*15.9
TURKEY ,EGG,CH CALZONE	1 EACH	200	25.0	9.0
PAN DULCE-ORANGE	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/SUNUP	SERVING	290	45.0	10.0
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
OATMEAL W CINN/APPL	SERVING	273	53.88	*4.2
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

<b>Tuesdays</b>				
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FRESH BAKED MINI LOAF	SVG	435	70.49	*15.9
TURKEY ,EGG,CH CALZONE	1 EACH	200	25.0	9.0
PAN DULCE-ORANGE	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/SUNUP	SERVING	290	45.0	10.0
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
EGG BAKE BURRITO (FRESH)	SVG	258	19.67	12.0
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
PEARS,CANNED	1/2 CUP	60	16.0	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

<b>Wednesdays</b>				
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FRESH BAKED MINI LOAF	SVG	435	70.49	*15.9
TURKEY ,EGG,CH CALZONE	1 EACH	200	25.0	9.0
PAN DULCE-ORANGE	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/SUNUP	SERVING	290	45.0	10.0
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
OATMEAL W CINN/APPL	SERVING	273	53.88	*4.2
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	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

<b>Thursdays</b>				
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FRESH BAKED MINI LOAF	SVG	435	70.49	*15.9
TURKEY ,EGG,CH CALZONE	1 EACH	200	25.0	9.0
PAN DULCE-ORANGE	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/SUNUP	SERVING	290	45.0	10.0
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
BAGEL /JALPENO CR CHEESE	PKG	220	27.0	10.0
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
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

<b>Fridays</b>				
SLICED LOAF VARIETY,WG	1 EACH	240	43.5	8.0
FRESH BAKED MINI LOAF	SVG	435	70.49	*15.9
TURKEY ,EGG,CH CALZONE	1 EACH	200	25.0	9.0
PAN DULCE-ORANGE	1 EACH	230	30.0	10.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	81.59	12.63
FRENCH TOAST W/SUNUP	SERVING	290	45.0	10.0
YOG PARFAIT/SUNUP	SERVING	310	58.0	5.67
EGG BAKE BURRITO (FRESH)	SVG	258	19.67	12.0
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.

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