

# San Juan Unified School District

December 2024 , Nutrient Analysis

## Bridges Super Snack

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Mon - 12/02/2024					
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0	12.0
SUNFLOWER SEEDS	BAG	170	1	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	0	1.0	3.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0

Tue - 12/03/2024					
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98	18.93
CELERY STICKS	1/2 CUP	8	1	1.5	0.09
JUICE VARIETY, BOX	CARTONS	60	13	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0

Wed - 12/04/2024					
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25	6.0
CHEESE, STRING (2)	2 EACH	120	0	2.0	6.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0

Thu - 12/05/2024					
CRACKER, WHEAT	1 Each	180	4	30.0	6.0
BOILED EGG	1 EACH	70	1	1.0	5.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0

Fri - 12/06/2024					
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0	12.0
SUNFLOWER SEEDS	BAG	170	1	6.0	14.0
CHEESE, STRING (1)	1 EACH	60	0	1.0	3.0
CELERY STICKS	1/2 CUP	8	1	1.5	0.09
JUICE VARIETY, BOX	CARTONS	60	13	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0

Mon - 12/09/2024					
CHEESE LUNCH PACK	PKG	312	6	34.3	11.21
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0

Tue - 12/10/2024						
BOILED EGG	1 EACH	70	1	1.0	5.0	
CRACKER, WHEAT	1 Each	180	4	30.0	6.0	
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04	
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0	

Wed - 12/11/2024						
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0	12.0	
SUNFLOWER SEEDS	BAG	170	1	6.0	14.0	
CHEESE, STRING (1)	1 EACH	60	0	1.0	3.0	
CELERY STICKS	1/2 CUP	8	1	1.5	0.09	
JUICE VARIETY, BOX	CARTONS	60	13	14.5	0.0	
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0	

Thu - 12/12/2024						
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	18	56.0	34.0	
BROCCOLI FRESH	1/2 CUP	25	1	4.0	0.0	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04	
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0	

Fri - 12/13/2024						
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98	18.93	
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04	
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0	

Mon - 12/16/2024						
CHEESE LUNCH PACK	PKG	312	6	34.3	11.21	
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0	
JUICE VARIETY, BOX	CARTONS	60	13	14.5	0.0	
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0	

Tue - 12/17/2024						
BOILED EGG	1 EACH	70	1	1.0	5.0	
CRACKER, WHEAT	1 Each	180	4	30.0	6.0	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04	
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0	
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0	

Wed - 12/18/2024						
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25	6.0	
CHEESE, STRING (2)	2 EACH	120	0	2.0	6.0	
BROCCOLI FRESH	1/2 CUP	25	1	4.0	0.0	
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04	
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5	
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0	

Thu - 12/19/2024						
SUNBUTTER,GRAPE JELLY SANDWICH	1 EACH	610	18	56.0	34.0	
CARROTS, PKG	2.6 OZ PK	25	3	6.0	0.0	

FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	20.0	0.0

Fri - 12/20/2024					
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98	18.93
CELERY STICKS	1/2 CUP	8	1	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	19	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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