

## San Juan Unified School District

December 2024 , Nutrient Analysis

Elem; K-8 Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 12/02/2024				
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Tue - 12/03/2024				
EGG BAKE W/TORTILLA(FRESH)	SVG	258	2	19.67
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Wed - 12/04/2024				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
OATMEAL W CINN/APPL	SERVING	273	13	53.88
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Thu - 12/05/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Fri - 12/06/2024				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
OATMEAL W CINN/APPL	SERVING	273	13	53.88
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Mon - 12/09/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Tue - 12/10/2024				
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
OATMEAL W CINN/APPL	SERVING	273	13	53.88
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Wed - 12/11/2024				
FRENCH TOAST W/SUNUP	SERVING	290	14	45.0
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Thu - 12/12/2024				
EGG BAKE W/TORTILLA(FRESH)	SVG	258	2	19.67
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Fri - 12/13/2024				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
OATMEAL W CINN/APPL	SERVING	273	13	53.88
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Mon - 12/16/2024				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Tue - 12/17/2024				
FRENCH TOAST W/SUNUP	SERVING	290	14	45.0
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Wed - 12/18/2024				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
OATMEAL W CINN/APPL	SERVING	273	13	53.88
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Thu - 12/19/2024				
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Fri - 12/20/2024				
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
OATMEAL W CINN/APPL	SERVING	273	13	53.88
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

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.

This institution is an equal opportunity provider

T-Fat  
(g)

9.0
4.17
*0.04
0.0
2.5
0.0

12.0
5.67
*0.04
0.0
2.5
0.0

8.0
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0.0
2.5
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10.0
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