

San Juan Unified School District

December 2024 , Nutrient Analysis

ECE Cold Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)	T-Fat (g)
Mon - 12/02/2024					
CEREAL, VARIETY (ECE)	BOWLS	90	2	19.0	0.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04 2.5
MILK, WHITE 1%	1 CARTON	130	15	16.0	
Tue - 12/03/2024					
BOILED EGG	1 EACH	70	1	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	2	14.0	1.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
Wed - 12/04/2024					
YOGURT, STRAW / BANANA	1 CARTON SVG (1/2	70	9	12.0	0.0
FRUIT, FRESH VARIETY	CUP) 1 CARTON	40	8	10.41	*0.04 2.5
MILK, WHITE 1%		130	15	16.0	
Thu - 12/05/2024					
OATMEAL ROUND,CINN/APP	1 BAR & 1 CARTO	280	14	38.0	12.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
Fri - 12/06/2024					
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5	3.25
PEACHES,CANNED	1/2 CUP	60	13	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
Mon - 12/09/2024					
OATMEAL ROUND,CINN/APP	1 BAR & 1 CARTO	280	14	38.0	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
Tue - 12/10/2024					
YOGURT, STRAW / BANANA	1 CARTON SVG (1/2	70	9	12.0	0.0
FRUIT, FRESH VARIETY	CUP) 1 CARTON	40	8	10.41	*0.04 2.5
MILK, WHITE 1%		130	15	16.0	
Wed - 12/11/2024					
CEREAL, VARIETY (ECE)	BOWLS 1	90	2	19.0	0.5
APPLESAUCE CUP ,IW	EACH	60	18	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5
Thu - 12/12/2024					
FRENCH TOAST,MINI IW	PACKAGE	220	11	37.0	7.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04 2.5
MILK, WHITE 1%	1 CARTON	130	15	16.0	

Fri - 12/13/2024					
BOILED EGG	1 EACH	70	1	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	2	14.0	1.0
PEACHES,CANNED	1/2 CUP	60	13	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5

Mon - 12/16/2024					
CEREAL, VARIETY (ECE)	BOWLS 1	90	2	19.0	0.5
APPLESAUCE CUP ,IW	EACH	60	18	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5

Tue - 12/17/2024					
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP) 1	40	8	10.41	*0.04
MILK, WHITE 1%	CARTON	130	15	16.0	2.5

Wed - 12/18/2024					
BOILED EGG	1 EACH	70	1	1.0	5.0
BUN, MINI WHEAT	1 EACH	80	2	14.0	1.0
PEARS,CANNED	1/2 CUP	60	12	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5

Thu - 12/19/2024					
FRENCH TOAST,MINI IW	PACKAGE	220	11	37.0	7.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04 2.5
MILK, WHITE 1%	1 CARTON	130	15	16.0	

Fri - 12/20/2024					
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5

Mon - 12/23/2024					
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5	3.25
FRUIT, FRESH VARIETY	SVG (1/2 CUP) 1	40	8	10.41	*0.04
MILK, WHITE 1%	CARTON	130	15	16.0	2.5

Tue - 12/24/2024					
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0	12.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	15	16.0	2.5

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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