

San Juan Unified School District

January 2025, Nutrient Analysis

ECE Cold Breakfast

		Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 01/02/2025					
CEREAL, VARIETY (ECE)	FRUIT,	BOWLS	90	2	19.0
FRESH VARIETY	MILK, WHITE	SVG (1/2 CUP)	40	8	10.41
1%		1 CARTON	130	15	16.0
Fri - 01/03/2025					
OATMEAL ROUND,CINN/APP	FRUIT,	1EACH SVG	280	14	38.0
FRESH VARIETY MILK,	WHITE 1%	(1/2 CUP)	40	8	10.41
		1 CARTON	130	15	16.0
Mon - 01/06/2025					
CEREAL, VARIETY (ECE)	FRUIT,	BOWLS	90	2	19.0
FRESH VARIETY	MILK, WHITE	SVG (1/2 CUP)	40	8	10.41
1%		1 CARTON	130	15	16.0
Tue - 01/07/2025					
OATMEAL ROUND,CINN/APP	FRUIT,	1 EACH	280	14	38.0
FRESH VARIETY		SVG (1/2 CUP) 1	40	8	10.41
MILK, WHITE 1%		CARTON	130	15	16.0
Wed - 01/08/2025					
YOGURT, STRAW / BANANA FRUIT,	FRESH	1 CARTON SVG	70	9	12.0
VARIETY	MILK, WHITE 1%	(1/2 CUP) 1	40	8	10.41
		CARTON	130	15	16.0
Thu - 01/09/2025					
BOILED EGG		1 EACH	70	1	1.0
BUN, MINI WHEAT		1 EACH	80	2	14.0
PEACHES,CANNED		1/2 CUP	60	13	14.0
MILK, WHITE 1%		1 CARTON	130	15	16.0
Fri - 01/10/2025					
MUFFIN VARIETY (SM)		1 EACH	118	7	19.5
APPLESAUCE CUP ,IW	MILK,	1 EACH	60	18	14.0
WHITE 1%		1 CARTON	130	15	16.0
Mon - 01/13/2025					
OATMEAL ROUND,CINN/APP	FRUIT,	1 EACH	280	14	38.0
FRESH VARIETY		SVG (1/2 CUP) 1	40	8	10.41
MILK, WHITE 1%		CARTON	130	15	16.0

Tue - 01/14/2025					
YOGURT, STRAW / BANANA FRUIT, VARIETY	FRESH MILK, WHITE 1%	1 CARTON SVG (1/2 CUP) 1	70 40 130	9 8 15	12.0 10.41 16.0

Wed - 01/15/2025					
CEREAL, VARIETY (ECE) CUP ,IW	APPLESAUCE MILK, WHITE 1%	BOWLS EACH 1 CARTON 1	90 60 130	2 18 15	19.0 14.0 16.0

Thu - 01/16/2025					
FRENCH TOAST,MINI IW FRUIT,CANNED WHITE 1%	MIXED MILK,	PACKAGE CUP 1 CARTON 1/2	220 60 130	11 14 15	37.0 17.0 16.0

Fri - 01/17/2025					
BOILED EGG		1 EACH	70	1	1.0
BUN, MINI WHEAT		1 EACH	80	2	14.0
PEACHES,CANNED		1/2 CUP	60	13	14.0
MILK, WHITE 1%		1 CARTON	130	15	16.0

Tue - 01/21/2025					
MUFFIN VARIETY (SM) FRESH VARIETY MILK, WHITE 1%	FRUIT,	1 EACH SVG (1/2 CUP) CARTON 1	118 40 130	7 8 15	19.5 10.41 16.0

Wed - 01/22/2025					
BOILED EGG		1 EACH	70	1	1.0
BUN, MINI WHEAT		1 EACH	80	2	14.0
PEARS,CANNED		1/2 CUP	60	12	16.0
MILK, WHITE 1%		1 CARTON	130	15	16.0

Thu - 01/23/2025					
FRENCH TOAST,MINI IW FRUIT, FRESH VARIETY MILK, WHITE 1%		PACKAGE SVG (1/2 CUP) CARTON 1	220 40 130	11 8 15	37.0 10.41 16.0

Fri - 01/24/2025					
OATMEAL ROUND,CINN/APP VARIETY ,CANNED WHITE 1%	FRUIT MILK,	1 BAR 1/2 CUP 1 CARTON	280 60 130	14 13 15	38.0 15.67 16.0

Mon - 01/27/2025					
CEREAL, VARIETY (ECE) FRESH VARIETY 1%	FRUIT, MILK, WHITE	BOWLS SVG (1/2 CUP) 1 CARTON	90 40 130	2 8 15	19.0 10.41 16.0

Tue - 01/28/2025					
BOILED EGG	1 EACH		70	1	1.0
BUN, MINI WHEAT	1 EACH		80	2	14.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	8	10.41
MILK, WHITE 1%	1 CARTON		130	15	16.0

Wed - 01/29/2025						
YOGURT, STRAW / BANANA FRUIT, VARIETY	FRESH MILK, WHITE 1%	1 CARTON (1/2 CUP)	SVG 1	70	9	12.0
				40	8	10.41
				130	15	16.0

Thu - 01/30/2025					
OATMEAL ROUND,CINN/APP	1 BAR		280	14	38.0
PEARS,CANNED	1/2 CUP		60	12	16.0
MILK, WHITE 1%	1 CARTON		130	15	16.0

Fri - 01/31/2025					
MUFFIN VARIETY (SM)	1 EACH		118	7	19.5
PEACHES,CANNED	1/2 CUP		60	13	14.0
MILK, WHITE 1%	1 CARTON		130	15	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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