

San Juan Unified School District

January 2025, Nutrient Analysis

Elem; K-8 Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 01/06/2025				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
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 - 01/07/2025				
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
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 - 01/08/2025				
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 - 01/09/2025				
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
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
Fri - 01/10/2025				
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
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
Mon - 01/13/2025				
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 - 01/14/2025				
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 - 01/15/2025				
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 - 01/16/2025				
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
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Fri - 01/17/2025				
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

Tue - 01/21/2025				
FRENCH TOAST W/SUNUP	SERVING	290	14	45.0
OATMEAL W CINN/APPL	SERVING	273	13	53.88
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 - 01/22/2025				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
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 - 01/23/2025				
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 - 01/24/2025				
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

Mon - 01/27/2025				
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 - 01/28/2025				
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 - 01/29/2025				
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 - 01/30/2025				
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
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

Fri - 01/31/2025				
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

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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