

San Juan Unified School District

January 2025, Nutrient Analysis

ECE Hot Breakfast

		Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 01/07/2025					
TURKEY ,EGG,CH CALZONE		1 EACH	200	2	25.0
CEREAL, VARIETY (ECE)		BOWLS	90	2	19.0
FRUIT, FRESH VARIETY		SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%		1 CARTON	130	15	16.0
Wed - 01/08/2025					
YOGURT, STRAW / BANANA FRUIT, VARIETY	FRESH MILK, WHITE 1%	1 CARTON (1/2 CUP) CARTON	70 40 130	9 8 15	12.0 10.41 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					
TURKEY ,EGG,CH CALZONE		1 EACH	200	2	25.0
CEREAL, VARIETY (ECE)		BOWLS	90	2	19.0
FRUIT, FRESH VARIETY		SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%		1 CARTON	130	15	16.0
Wed - 01/15/2025					
CEREAL, VARIETY (ECE) CUP ,IW	APPLESAUCE MILK, WHITE 1%	BOWLS EACH 1 CARTON	90 60 130	2 18 15	19.0 14.0 16.0
Thu - 01/16/2025					
FRENCH TOAST,MINI IW	MIXED	PACKAGE	220	11	37.0
FRUIT,CANNED	MILK,	CUP	60	14	17.0
WHITE 1%		1 CARTON	130	15	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)	FRUIT,	1 EACH	118	7	19.5
FRESH VARIETY		SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%		CARTON	130	15	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		PACKAGE	220	11	37.0
FRUIT, FRESH VARIETY		SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%		CARTON	130	15	16.0

Fri - 01/24/2025					
TURKEY ,EGG,CH CALZONE		1 EACH	200	2	25.0
OATMEAL ROUND,CINN/APP		1 BAR & 1 CARTO	280	14	38.0
FRUIT VARIETY ,CANNED		1/2 CUP	60	13	15.67
MILK, WHITE 1%		1 CARTON	130	15	16.0

Mon - 01/27/2025					
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 - 01/28/2025					
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	1 CARTON	70	9	12.0
	MILK, WHITE 1%	SVG (1/2 CUP)	40	8	10.41
		CARTON	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				
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
CEREAL, VARIETY (ECE)	BOWLS	90	2	19.0
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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