

# San Juan Unified School District

January 2025, Nutrient Analysis

## Bridges Super Snack

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Tue - 01/07/2025</b>				
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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
<b>Wed - 01/08/2025</b>				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
CHEESE, STRING (2)	2 EACH	120	0	2.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
<b>Thu - 01/09/2025</b>				
CRACKER, WHEAT	1 Each	180	4	30.0
BOILED EGG	1 EACH	70	1	1.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
<b>Fri - 01/10/2025</b>				
OATMEAL ROUND,CINN/APP	1 BAR & 1 CARTO	280	14	38.0
SUNFLOWER SEEDS	BAG	170	1	6.0
CHEESE, STRING (1)	1 EACH	60	0	1.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
<b>Mon - 01/13/2025</b>				
CHEESE LUNCH PACK	PKG	312	6	34.3
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
<b>Tue - 01/14/2025</b>				
BOILED EGG	1 EACH	70	1	1.0
CRACKER, WHEAT	1 Each	180	4	30.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
<b>Wed - 01/15/2025</b>				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
SUNFLOWER SEEDS	BAG	170	1	6.0
CHEESE, STRING (1)	1 EACH	60	0	1.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

Thu - 01/16/2025				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Fri - 01/17/2025				
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Tue - 01/21/2025				
BOILED EGG	1 EACH	70	1	1.0
CRACKER, WHEAT	1 Each	180	4	30.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
CARROTS, PKG	2.6 OZ PK	25	3	6.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Wed - 01/22/2025				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
CHEESE, STRING (2)	2 EACH	120	0	2.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Thu - 01/23/2025				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Fri - 01/24/2025				
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98
CELERY STICKS	1/2 CUP	8	1	1.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Mon - 01/27/2025				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
SUNFLOWER SEEDS	BAG	170	1	6.0
CHEESE, STRING (1)	1 EACH	60	0	1.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Tue - 01/28/2025				
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98
CELERY STICKS	1/2 CUP	8	1	1.5
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				
PAN DULCE-ORANGE	1 EACH	230	7	30.0
CHEESE, STRING (2)	2 EACH	120	0	2.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Thu - 01/30/2025				
CRACKER, WHEAT	1 Each	180	4	30.0
BOILED EGG	1 EACH	70	1	1.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Fri - 01/31/2025				
OATMEAL ROUND,CINN/APP	1 BAR &1 CARTO	280	14	38.0
SUNFLOWER SEEDS	BAG	170	1	6.0
CHEESE, STRING (1)	1 EACH	60	0	1.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

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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