

San Juan Unified School District

February 2025, Nutrient Analysis

ECE(Hot) BREAKFAST

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 02/03/2025				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
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
Tue - 02/04/2025				
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 - 02/05/2025				
BOILED EGG	1 EACH	70	1	1.0
BUN, MINI WHEAT	1 EACH	80	2	14.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Thu - 02/06/2025				
FRENCH TOAST,MINI IW	PEACHES,CANNED PACKAGE 1/2	220	11	37.0
MILK, WHITE 1%	CUP	60	13	14.0
	1 CARTON	130	15	16.0
Fri - 02/07/2025				
OATMEAL ROUND,CINN/APP	FRUIT, 1 BAR SVG (1/2	280	14	38.0
FRESH VARIETY	MILK, CUP)	40	8	10.41
WHITE 1%	1 CARTON	130	15	16.0
Mon - 02/10/2025				
CEREAL, VARIETY (ECE)	APPLESAUCE BOWLS EACH	90	2	19.0
CUP ,IW	MILK, WHITE 1% 1 CARTON	60	18	14.0
		130	15	16.0
Tue - 02/11/2025				
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 - 02/12/2025				
YOGURT, STRAW / BANANA	1 CARTON SVG	70	9	12.0
FRUIT, FRESH VARIETY	(1/2 CUP) 1	40	8	10.41
MILK, WHITE 1%	CARTON	130	15	16.0

Thu - 02/13/2025				
BFEST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
CEREAL, VARIETY (ECE)	BOWLS	90	2	19.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Fri - 02/14/2025				
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
	Portion	Cals	Sugars	Carb

Mon - 02/24/2025				
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

Tue - 02/25/2025				
BFEST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
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 - 02/26/2025				
CEREAL, VARIETY (ECE)	BOWLS 1	90	2	19.0
APPLESAUCE CUP ,IW	EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Thu - 02/27/2025				
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

Fri - 02/28/2025				
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

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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