

San Juan Unified School District

February 2025, Nutrient Analysis

ECE(Cold) BREAKFAST

		Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 02/03/2025					
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 - 02/04/2025					
MUFFIN VARIETY (SM)	FRUIT,	1 EACH	118	7	19.5
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					
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 - 02/14/2025					
MUFFIN VARIETY (SM)		Total	118	7	19.5
PEACHES,CANNED	MILK,	1 EACH	60	13	14.0
WHITE 1%		1/2 CUP	130	15	16.0
		1 CARTON			

Size (kcal) (g) (g)

Wed - 02/19/2025						
CEREAL, VARIETY (ECE)	APPLESAUCE	BOWLS	1	90	2	19.0
CUP ,IW	MILK, WHITE 1%	EACH		60	18	14.0
		1 CARTON		130	15	16.0

Thu - 02/20/2025						
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 - 02/21/2025						
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 - 02/24/2025						
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 - 02/25/2025						
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

Size (kcal) (g) (g)

Wed - 02/26/2025						
OATMEAL ROUND,CINN/APP		1 EACH		280	14	38.0
APPLESAUCE CUP ,IW		1 EACH		60	18	14.0
MILK, WHITE 1%		1 CARTON		130	15	16.0

Thu - 02/27/2025						
FRENCH TOAST,MINI IW		PACKAGE		220	11	37.0
FRUIT, FRESH VARIETY		SVG (1/2 CUP)	1	40	8	10.41
MILK, WHITE 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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