

# San Juan Unified School District

**March 2025, Nutrient Analysis**

**ELEM;K-8 BREAKFAST**

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Mon - 03/03/2025</b>				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
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
<b>Tue - 03/04/2025</b>				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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
<b>Wed - 03/05/2025</b>				
FRENCH TOAST/BERRY	SERVING	307	16	50.01
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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
<b>Thu - 03/06/2025</b>				
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
YOG PARFAIT/BERRY	SERVING	518	41	93.79
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
<b>Fri - 03/07/2025</b>				
PAN DULCE,VARIETY	1 EACH	230	7	30.0
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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
<b>Mon - 03/10/2025</b>				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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
<b>Tue - 03/11/2025</b>				
PAN DULCE,VARIETY	1 EACH	230	7	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
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 - 03/12/2025				
FRENCH TOAST/BERRY	SERVING	307	16	50.01
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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 - 03/13/2025				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
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 - 03/14/2025				
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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

Mon - 03/17/2025				
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
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 - 03/18/2025				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
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 - 03/19/2025				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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 - 03/20/2025				
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

Fri - 03/21/2025				
PAN DULCE,VARIETY	1 EACH	230	7	30.0
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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
Mon - 03/24/2025				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
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 - 03/25/2025				
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
Wed - 03/26/2025				
FRENCH TOAST/BERRY	SERVING	307	16	50.01
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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 - 03/27/2025				
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
YOG PARFAIT/BERRY	SERVING	518	41	93.79
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 - 03/28/2025				
PAN DULCE,VARIETY	1 EACH	230	7	30.0
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
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
Mon - 03/31/2025				
ELEM, K-8 BREAKFAST	Total			
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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

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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