

San Juan Unified School District

March 2025, Nutrient Analysis

HIGH SCH BREAKFAST

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
MONDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
FRESH BAKED MINI LOAF	SVG	435	39	70.49
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
PAN DULCE,VARIETY	1 EACH	230	7	30.0
FRENCH TOAST/BERRY	SERVING	307	16	50.01
YOG PARFAIT/BERRY	SERVING	518	41	93.79
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
PEARS,CANNED	1/2 CUP	60	12	16.0
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

TUESDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
FRESH BAKED MINI LOAF	SVG	435	39	70.49
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
PAN DULCE,VARIETY	1 EACH	230	7	30.0
FRENCH TOAST/BERRY	SERVING	307	16	50.01
YOG PARFAIT/BERRY	SERVING	518	41	93.79
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
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

WEDNESDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
FRESH BAKED MINI LOAF	SVG	435	39	70.49
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
PAN DULCE,VARIETY	1 EACH	230	7	30.0
FRENCH TOAST/BERRY	SERVING	307	16	50.01
YOG PARFAIT/BERRY	SERVING	518	41	93.79
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
PEACHES,CANNED	1/2 CUP	60	13	14.0
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

THURSDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
FRESH BAKED MINI LOAF	SVG	435	39	70.49
BFAS T PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
PAN DULCE,VARIETY	1 EACH	230	7	30.0
FRENCH TOAST/BERRY	SERVING	307	16	50.01
YOG PARFAIT/BERRY	SERVING	518	41	93.79
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
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

FRIDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
FRESH BAKED MINI LOAF	SVG	435	39	70.49
BFAS T PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
PAN DULCE,VARIETY	1 EACH	230	7	30.0
FRENCH TOAST/BERRY	SERVING	307	16	50.01
YOG PARFAIT/BERRY	SERVING	518	41	93.79
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
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

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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