

# San Juan Unified School District

## March 2025, Nutrient Analysis

## ECE Hot 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 (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
<b>Tue - 03/04/2025</b>					
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
<b>Wed - 03/05/2025</b>					
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
<b>Thu - 03/06/2025</b>					
FRENCH TOAST,MINI IW	PACKAGE 1/2		220	11	37.0
PEACHES,CANNED	MILK, CUP		60	13	14.0
WHITE 1%	1 CARTON		130	15	16.0
<b>Fri - 03/07/2025</b>					
OATMEAL ROUND,CINN/APP	FRUIT, 1 EACH		280	14	38.0
FRESH VARIETY	SVG (1/2 CUP) 1		40	8	10.41
MILK, WHITE 1%	CARTON		130	15	16.0
<b>Mon - 03/10/2025</b>					
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
<b>Tue - 03/11/2025</b>					
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
<b>Wed - 03/12/2025</b>					
YOGURT, STRAW / BANANA FRUIT,	FRESH 1 CARTON	SVG	70	9	12.0
VARIETY	MILK, WHITE 1% (1/2 CUP)	1	40	8	10.41
	CARTON		130	15	16.0
<b>Thu - 03/13/2025</b>					
BFAST 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 - 03/14/2025				
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

Mon - 03/17/2025				
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 - 03/18/2025				
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

Wed - 03/19/2025				
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 - 03/20/2025				
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 - 03/25/2025				
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 - 03/26/2025				
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 - 03/27/2025				
FRENCH TOAST,MINI IW	PACKAGE 1/2	220	11	37.0
PEACHES,CANNED	CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0

Fri - 03/28/2025				
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OATMEAL ROUND,CINN/APP	1 BAR	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0

Mon - 03/31/2025				
OATMEAL ROUND,CINN/APP	1 BAR	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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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