

# San Juan Unified School District

## April 2025, Nutrient Analysis

## ECE COLD BREAKFAST

	Portion Size		Cals (kcal)	Sugars (g)	Carb (g)
Tue - 04/01/2025					
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 - 04/02/2025					
YOGURT, STRAW / BANANA FRUIT, FRESH VARIETY	1 CARTON SVG (1/2 CUP) 1		70 40	9 8	12.0 10.41
MILK, WHITE 1%	CARTON		130	15	16.0
Thu - 04/03/2025					
OATMEAL ROUND,CINN/AP	1 BAR		280	14	38.0
PEARSCANNED	1/2 CUP		60	12	16.0
MILK, WHITE 1%	1 CARTON		130	15	16.0
Fri - 04/04/2025					
MUFFIN VARIETY (SM)	1 EACH		118	7	19.5
PEACHES,CANNED	1/2 CUP		60	13	14.0
MILK, WHITE 1%	1 CARTON		130	15	16.0
Mon - 04/07/2025					
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 - 04/08/2025					
YOGURT, STRAW / BANANA FRUIT, FRESH VARIETY	1 CARTON SVG (1/2 CUP) 1		70 40	9 8	12.0 10.41
MILK, WHITE 1%	CARTON		130	15	16.0
Wed - 04/09/2025					
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 - 04/10/2025					
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 - 04/11/2025					
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

Mon - 04/14/2025					
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

Tue - 04/15/2025					
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

Wed - 04/16/2025					
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 - 04/17/2025					
MUFFIN VARIETY (SM)	1 EACH		118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	1	40	8	10.41
MILK, WHITE 1%	CARTON		130	15	16.0

Mon - 04/21/2025					
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 - 04/22/2025					
MUFFIN VARIETY (SM)	1 EACH		118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	1	40	8	10.41
MILK, WHITE 1%	CARTON		130	15	16.0

Wed - 04/23/2025					
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 - 04/24/2025					
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 - 04/25/2025				
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

Mon - 04/28/2025				
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

Tue - 04/29/2025				
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 - 04/30/2025				
YOGURT, STRAW / BANANA FRUIT,	1 CARTON SVG	70	9	12.0
FRESH VARIETY	(1/2 CUP) 1	40	8	10.41
MILK, WHITE 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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