

San Juan Unified School District

April 2025, Nutrient Analysis

ECE HOT 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				
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 - 04/04/2025				
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 - 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				
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 - 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				
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
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 - 04/21/2025				
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

Tue - 04/22/2025					
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 - 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		90	2	19.0
APPLESAUCE CUP ,IW	1 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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