

San Juan Unified School District

April 2025, Nutrient Analysis

Bridges Super Snack

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 04/01/2025				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
CHEESE, STRING (1)	1 EACH	60	0	1.0
YOGURT, STRAW / BANANA	1 CARTON	70	9	12.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
Wed - 04/02/2025				
BOILED EGG	1 EACH	70	1	1.0
CRACKER, WHEAT	1 Each	180	4	30.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
Thu - 04/03/2025				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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
Fri - 04/04/2025				
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98
CELERY STICKS	1/2 CUP	8	1	1.5
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
Mon - 04/07/2025				
CROISSANT, MOZZ & AMER CH IW	1 EACH	340	5	29.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
RAISINS	1BOX	120	27	29.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0
Tue - 04/08/2025				
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98
CELERY STICKS	1/2 CUP	8	1	1.5
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
Wed - 04/09/2025				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
CHEESE, STRING (1)	1 EACH	60	0	1.0
YOGURT, STRAW / BANANA	1 CARTON	70	9	12.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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

Thu - 04/10/2025				
BOILED EGG	1 EACH	70	1	1.0
CRACKER, WHEAT	1 Each	180	4	30.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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

Fri - 04/11/2025				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
SUNFLOWER SEEDS	BAG	170	1	6.0
CHEESE, STRING (1)	1 EACH	60	0	1.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

Mon - 04/21/2025				
TURKEY COMBO W/ CRACKERS	SERVING	359	6	33.98
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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

Tue - 04/22/2025				
BOILED EGG	1 EACH	70	1	1.0
CRACKER, WHEAT	1 Each	180	4	30.0
JUICE VARIETY, BOX	CARTONS	60	13	14.5
ZUCCHINI STIX (OTH) 1/2 CUP	SVG (6 STICKS)	10	1	1.85
MILK, WHITE 1%	1 CARTON	130	15	16.0
MILK, NONFAT CHOC	1 CARTON	120	19	20.0

Wed - 04/23/2025				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
SUNFLOWER SEEDS	BAG	170	1	6.0
CHEESE, STRING (1)	1 EACH	60	0	1.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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

Thu - 04/24/2025				
SUNBUTTER, GRAPE JELLY SANDWICH	1 EACH	610	18	56.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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

Fri - 04/25/2025				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
CHEESE, STRING (1)	1 EACH	60	0	1.0
YOGURT, STRAW / BANANA	1 CARTON	70	9	12.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

Mon - 04/28/2025				
CROISSANT, MOZZ & AMER CH IW	1 EACH	340	5	29.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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

Tue - 04/29/2025				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
CHEESE, STRING (1)	1 EACH	60	0	1.0
YOGURT, STRAW / BANANA	1 CARTON	70	9	12.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

Wed - 04/30/2025				
BOILED EGG	1 EACH	70	1	1.0
CRACKER, WHEAT	1 Each	180	4	30.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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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