

San Juan Unified School District

May 2025, Nutrient Analysis

Middle School Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
MONDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE,VARIETY	1 EACH	230	7	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
WAFFLE W/FRUIT	SERVING	225	12	38.0
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
APPLESAUCE CUP ,IW	1 EACH	60	18	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
TUESDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE,VARIETY	1 EACH	230	7	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
WAFFLE W/FRUIT	SERVING	225	12	38.0
TURKEY ,EGG,CH CALZONE	1 EACH	200	2	25.0
OATS ,OVERNIGHT /BERRY	SERVING	150	20	27.5
PEACHES,CANNED	1/2 CUP	60	13	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
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE,VARIETY	1 EACH	230	7	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
WAFFLE W/FRUIT	SERVING	225	12	38.0
COCOA BERRY WRAP	1 EACH	468	20	52.5
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
THURSDAYS				
SLICED LOAF VARIETY,WG	1 EACH	240	18	43.5
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE,VARIETY	1 EACH	230	7	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
WAFFLE W/FRUIT	SERVING	225	12	38.0
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
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE,VARIETY	1 EACH	230	7	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
WAFFLE W/FRUIT	SERVING	225	12	38.0
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
COCOA BERRY WRAP	1 EACH	468	20	52.5
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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