

# San Juan Unified School District

## May 2025, Nutrient Analysis

## ECE (Cold) Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 05/01/2025				
OATMEAL ROUND,CINN/APP	1 BAR	280	14	38.0
PEARS ,CANNED	1/2 CUP	60	12	16.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Fri - 05/02/2025				
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 - 05/05/2025				
CEREAL, VARIETY (ECE )	FRUIT, BOWLS	90	2	19.0
FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Tue - 05/06/2025				
WAFFLES,MINI CINN	PACKAGE 1/2	190	11	35.0
PEACHES,CANNED	CUP	60	13	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Wed - 05/07/2025				
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
Thu - 05/08/2025				
YOGURT, STRAW / BANANA	1 CARTON	70	9	12.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, WHITE 1%	1 CARTON	130	15	16.0
Fri - 05/09/2025				
OATMEAL ROUND,CINN/APP	1 BAR SVG	280	14	38.0
FRUIT, FRESH VARIETY	(1/2 CUP)	40	8	10.41
MILK, WHITE 1%	1 CARTON	130	15	16.0
Mon - 05/12/2025				
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 - 05/13/2025				

SLICED LOAF VARIETY,WG	1 EACH		240	18	43.5
PEARS,CANNED	1/2 CUP		60	12	16.0
MILK, WHITE 1%	1 CARTON		130	15	16.0

Wed - 05/14/2025					
OATMEAL ROUND,CINN/APP	1 BAR	SVG	280	14	38.0
FRUIT, FRESH VARIETY	(1/2 CUP)		40	8	10.41
MILK, WHITE 1%	1 CARTON		130	15	16.0

Thu - 05/15/2025					
WAFFLES,MINI CINN	FRUIT,	PACKAGE	190	11	35.0
FRESH VARIETY	MILK, WHITE	SVG (1/2 CUP) 1	40	8	10.41
1%		CARTON	130	15	16.0

Fri - 05/16/2025					
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 - 05/19/2025					
CEREAL, VARIETY (ECE )	FRUIT,	BOWLS	90	2	19.0
FRESH VARIETY		SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%		1 CARTON	130	15	16.0

Tue - 05/20/2025					
YOGURT, STRAW / BANANA	FRUIT,	1 CARTON	70	9	12.0
FRESH VARIETY		(1/2 CUP) 1	40	8	10.41
MILK, WHITE 1%		CARTON	130	15	16.0

Wed - 05/21/2025					
MUFFIN VARIETY (SM)	MILK,	1 EACH	118	7	19.5
APPLESAUCE CUP ,IW		1 EACH	60	18	14.0
WHITE 1%		1 CARTON	130	15	16.0

Thu - 05/22/2025					
SLICED LOAF VARIETY,WG	1 EACH		240	18	43.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP) 1		40	8	10.41
MILK, WHITE 1%	CARTON		130	15	16.0

Fri - 05/23/2025					
OATMEAL ROUND,CINN/APP	1 EACH		280	14	38.0
PEACHES,CANNED	1/2 CUP		60	13	14.0
MILK, WHITE 1%	1 CARTON		130	15	16.0

Tue - 05/27/2025					
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CEREAL, VARIETY (ECE )	FRUIT,	BOWLS	90	2	19.0
FRESH VARIETY		SVG (1/2 CUP)	40	8	10.41
MILK, WHITE 1%		1 CARTON	130	15	16.0

Wed - 05/28/2025					
MUFFIN VARIETY (SM)	FRUIT,	1 EACH	118	7	19.5
FRESH VARIETY		SVG (1/2 CUP) 1	40	8	10.41
MILK, WHITE 1%		CARTON	130	15	16.0

Thu - 05/29/2025					
YOGURT, STRAW / BANANA		1 CARTON	70	9	12.0
APPLESAUCE CUP ,IW		1 EACH	60	18	14.0
MILK, WHITE 1%		1 CARTON	130	15	16.0

Fri - 05/30/2025					
OATMEAL ROUND,CINN/APP		1 BAR SVG	280	14	38.0
FRUIT, FRESH VARIETY		(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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