

San Juan Unified School District
Secondary Summer breakfast - 2 week cycle July 2024

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - Cycle 1				
POPARTS,WG,VARIETY	PKG	356	74.2	5.75
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Tue -Cycle 1				
CHKN ON WAFFLE	PKG	210	22.0	10.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Wed - Cycle 1				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Thu - Cycle 1				
YOG PARFAIT/BERRY	SERVING	518	93.79	11.3
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Fri -Cycle 1				
UBR BREAKFAST BAR	1 EACH	280	44.0	8.0
OATS -OVERNIGHT,BERRY	SERVING	360	65.3	5.78
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Mon - Cycle 2				
POPARTS,WG,VARIETY	PKG	356	74.2	5.75
CEREAL VARIETY,WG	BOWL/CUP	223	45.67	4.17
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
Tue - Cycle 2				
FRENCH TOAST W/FRUIT	SERVING	307	50.01	10.0
MIXED FRUIT,CANNED	1/2 CUP	60	17.0	0.0
JUICE VARIETY, BOX	CARTONS	60	14.5	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
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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.