

San Juan Unified School District

March 2026, Nutrient Analysis

Bridges Super Snack

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 03/02/2026				
CHEESE LUNCH PACK	PKG	312	6	34.3
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Tue - 03/03/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Wed - 03/04/2026				
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Thu - 03/05/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROTS, PKG	2.6 OZ PK	25	3	6.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Fri - 03/06/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Mon - 03/09/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Tue - 03/10/2026				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
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
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Wed - 03/11/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Thu - 03/12/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Fri - 03/13/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
CELERY STICKS	1/2 CUP	8	1	1.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Mon - 03/16/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Tue - 03/17/2026				
CHEESE LUNCH PACK	PKG	312	6	34.3
CARROTS, PKG	2.6 OZ PK	25	3	6.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Wed - 03/18/2026				
MUFFIN VARIETY (LARGE)	1 EACH	223	17	38.25
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Thu - 03/19/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
BROCCOLI FRESH	1/2 CUP	25	1	4.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Fri - 03/20/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
CELERY STICKS	1/2 CUP	8	1	1.5
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Mon - 03/23/2026				
CHEESE LUNCH PACK	PKG	312	6	34.3
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Tue - 03/24/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Wed - 03/25/2026				
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Thu - 03/26/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROTS, PKG	2.6 OZ PK	25	3	6.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Fri - 03/27/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

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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