

San Juan Unified School District

March 2026, Nutrient Analysis

Middle School Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
MONDAYS				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
COCOA BERRY OATS	SERVING	623	28	84.36
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE-PINK	1 EACH	230	7	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

TUESDAYS				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
COCOA BERRY OATS	SERVING	623	28	84.36
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE-PINK	1 EACH	230	7	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
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 WHITE	CARTON	90	12	13.0

WEDNESDAYS				
BFAST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
COCOA BERRY OATS	SERVING	623	28	84.36
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE-PINK	1 EACH	230	7	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

THURSDAYS				
BFEST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
COCOA BERRY OATS	SERVING	623	28	84.36
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE-PINK	1 EACH	230	7	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
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 WHITE	CARTON	90	12	13.0

FRIDAYS				
BFEST PIZZA , TURKEY SAUS	1 EACH	203	3	24.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
COCOA BERRY OATS	SERVING	623	28	84.36
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE-PINK	1 EACH	230	7	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
COTTAGE CHEESE FRUIT BOWL	SERVING	528	37	81.59
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
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, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	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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