

San Juan Unified School District

April 2026, Nutrient Analysis

Elem ; K-8 Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 04/06/2026				
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Tue - 04/07/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Wed - 04/08/2026				
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
DIN N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Thu - 04/09/2026				
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Fri - 04/10/2026				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE-PINK	1 EACH	230	7	30.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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
Mon - 04/13/2026				
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Tue - 04/14/2026				
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
DIN N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Wed - 04/15/2026				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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

Thu - 04/16/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
PAN DULCE-PINK	1 EACH	230	7	30.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Fri - 04/17/2026				
BREAKFAST PIZZA	1 EACH	210	5	27.0
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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

Mon - 04/20/2026				
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Tue - 04/21/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
DIN N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Wed - 04/22/2026				
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Thu - 04/23/2026				
BREAKFAST PIZZA	1 EACH	210	5	27.0
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Fri - 04/24/2026				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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
Mon - 04/27/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Tue - 04/28/2026				
EGG BAKE W/BISCUIT(FRESH)	SVG	328	6	29.67
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Wed - 04/29/2026				
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
DIN N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0
Thu - 04/30/2026				
EGG BAKE BURRITO (FRESH)	SVG	258	2	19.67
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
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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