

# San Juan Unified School District

April 2026, Nutrient Analysis

## MIDDLE SCHOOL BREAKFAST

|                           | Portion<br>Size | Cals<br>(kcal) | Sugars<br>(g) | Carb<br>(g) |
|---------------------------|-----------------|----------------|---------------|-------------|
| Mon - 04/06/2026          |                 |                |               |             |
| 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        |
| YOG PARFAIT/BERRY         | SERVING         | 518            | 41            | 93.79       |
| EGG BAKE W/BISCUIT(FRESH) | SVG             | 328            | 6             | 29.67       |
| BAGEL /JALPEN0 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        |

|                           |               |     |    |       |
|---------------------------|---------------|-----|----|-------|
| Tue - 04/07/2026          |               |     |    |       |
| 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  |
| YOG PARFAIT/BERRY         | SERVING       | 518 | 41 | 93.79 |
| EGG BAKE BURRITO (FRESH)  | SVG           | 258 | 2  | 19.67 |
| BAGEL /JALPEN0 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  |

|                           |               |     |    |       |
|---------------------------|---------------|-----|----|-------|
| Wed - 04/08/2026          |               |     |    |       |
| 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  |
| YOG PARFAIT/BERRY         | SERVING       | 518 | 41 | 93.79 |
| 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  |

| Thu - 04/09/2026          |               |     |    |       |
|---------------------------|---------------|-----|----|-------|
| 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  |
| YOG PARFAIT/BERRY         | SERVING       | 518 | 41 | 93.79 |
| 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  |

| Fri - 04/10/2026          |               |     |    |       |
|---------------------------|---------------|-----|----|-------|
| 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  |
| YOG PARFAIT/BERRY         | SERVING       | 518 | 41 | 93.79 |
| 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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