

# San Juan Unified School District

May 2026, Nutrient Analysis

ELEM; K-8 BREAKFAST

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Fri - 05/01/2026</b>				
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
<b>Mon - 05/04/2026</b>				
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
APPLESAUCE CUP ,IW	1 EACH	60	18	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
<b>Tue - 05/05/2026</b>				
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
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
<b>Wed - 05/06/2026</b>				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
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
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
<b>Thu - 05/07/2026</b>				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
PEARS,CANNED	1/2 CUP	60	12	16.0
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
<b>Fri - 05/08/2026</b>				
EGG BAKE BURRITO (FRESH)	SVG	310	1	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
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 - 05/11/2026				
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
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 - 05/12/2026				
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
BISCUIT W/GRAVY	1 EACH	260	5	40.0
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 - 05/13/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
DIP 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 - 05/14/2026				
EGG BAKE BURRITO (FRESH)	SVG	310	1	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
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

Fri - 05/15/2026				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE,WHITE	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
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

Mon - 05/18/2026				
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
BISCUIT W/GRAVY	1 EACH	260	5	40.0
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 - 05/19/2026				
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
DIP 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 - 05/20/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
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

Thu - 05/21/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
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
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 - 05/22/2026				
PAN DULCE,WHITE	1 each	230	7	30.0
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

Tue - 05/26/2026				
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
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

Wed - 05/27/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
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
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 - 05/28/2026				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
PEARS,CANNED	1/2 CUP	60	12	16.0
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 - 05/29/2026				
EGG BAKE BURRITO (FRESH)	SVG	310	1	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
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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