

San Juan Unified School District

May 2026, Nutrient Analysis

ECE COLD BREAKFAST

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Fri - 05/01/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Mon - 05/04/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ) 1	110	2	24.0
APPLESAUCE CUP ,IW	EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Tue - 05/05/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Wed - 05/06/2026				
BOILED EGG W/BUN	SERVING	150	3	15.0
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Thu - 05/07/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Fri - 05/08/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP) 1	40	8	10.41
MILK, 1% LOW FAT WHITE	CARTON	130	15	16.0
Mon - 05/11/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Tue - 05/12/2026				
BOILED EGG W/BUN	SERVING	150	3	15.0
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Wed - 05/13/2026				
PANCAKES, MINI MAPLE	PACKAGE 1/2	200	10	35.0
PEACHES,CANNED	CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 05/14/2026					
MUFFIN VARIETY (SM)	1 EACH		118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Fri - 05/15/2026					
OATMEAL ROUND,CINN/APP	1 EACH		280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Mon - 05/18/2026					
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)		110	2	24.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Tue - 05/19/2026					
BOILED EGG W/BUN	SERVING		150	3	15.0
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)		110	2	24.0
PEACHES,CANNED	1/2 CUP		60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Wed - 05/20/2026					
OATMEAL ROUND,CINN/APP	1 EACH		280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Thu - 05/21/2026					
PANCAKES, MINI MAPLE	PACKAGE	1/2	200	10	35.0
PEARS,CANNED	CUP		60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Fri - 05/22/2026					
MUFFIN VARIETY (SM)	1 EACH		118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)		40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Tue - 05/26/2026					
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	1	110	2	24.0
APPLESAUCE CUP ,IW	EACH		60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Wed - 05/27/2026					
BOILED EGG W/BUN	SERVING		150	3	15.0
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)		110	2	24.0
PEACHES,CANNED	1/2 CUP		60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Thu - 05/28/2026					
MUFFIN VARIETY (SM)	1 EACH		118	7	19.5
PEARS,CANNED	1/2 CUP		60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON		130	15	16.0

Fri - 05/29/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

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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