

San Juan Unified School District

June 2026, Nutrient Analysis

ELEM; K-8 BREAKFAST

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Mon - 06/01/2026				
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 - 06/02/2026				
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 - 06/03/2026				
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 - 06/04/2026				
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 - 06/05/2026				
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 - 06/08/2026				
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
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

Tue - 06/09/2026				
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
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

Mon - 06/22/2026				
PAN DULCE,WHITE	1 each	230	7	30.0
FRESH BAKED MINI LOAF	SVG	435	39	70.49
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

Tue - 06/23/2026				
MUFFIN, BLUEBERRY ,LARGE	1 EACH	223	17	38.5
COCOA BERRY OATS	SERVING	623	28	84.36
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
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

Wed - 06/24/2026				
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
COCOA BERRY OATS	SERVING	623	28	84.36
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

Thu - 06/25/2026				
PAN DULCE,WHITE	1 each	230	7	30.0
COCOA BERRY OATS	SERVING	623	28	84.36
PEACHES,CANNED	1/2 CUP	60	13	14.0
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 - 06/26/2026				
SLICED LOAF VARIETY,WG	1 EACH	247	20	43.67
COCOA BERRY OATS	SERVING	623	28	84.36
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Mon - 06/29/2026				
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
FRESH BAKED MINI LOAF	SVG	435	39	70.49
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
Tue - 06/30/2026				
MUFFIN, BLUEBERRY ,LARGE	1 EACH	223	17	38.5
COCOA BERRY OATS	SERVING	623	28	84.36
MIXED FRUIT,CANNED	1/2 CUP	60	14	17.0
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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