

# San Juan Unified School District

June 2026, Nutrient Analysis

## ECE HOT BREAKFAST

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
<b>Mon - 06/01/2026</b>				
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
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
<b>Tue - 06/02/2026</b>				
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
<b>Wed - 06/03/2026</b>				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
<b>Thu - 06/04/2026</b>				
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
<b>Fri - 06/05/2026</b>				
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
<b>Mon - 06/08/2026</b>				
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
<b>Tue - 06/09/2026</b>				
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

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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