

San Juan Unified School District

SUMMER 2026, Nutrient Analysis

High School Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
MONDAYS				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
CINN MAPLE SAUSAGE ROLLUP	2 EACH	240	4	30.0
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
TUESDAYS				
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
CEREAL VARIETY, WG	BOWL/CUP	223	13	45.67
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
WEDNESDAYS				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
CINN MAPLE SAUSAGE ROLLUP	2 EACH	240	4	30.0
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
THURSDAYS				
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
CEREAL VARIETY, WG	BOWL/CUP	223	13	45.67
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
FRIDAYS				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
CINN MAPLE SAUSAGE ROLLUP	2 EACH	240	4	30.0
COCOA BERRY OATS	SERVING	623	28	84.36
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
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

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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