

San Juan Unified School District

July 2026, Nutrient Analysis

Elem; K-8 Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 07/01/2026				
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 - 07/02/2026				
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
Mon - 07/06/2026				
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 - 07/07/2026				
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 - 07/08/2026				
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 - 07/09/2026				
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 - 07/10/2026				
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 - 07/13/2026				
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 - 07/14/2026				
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 - 07/15/2026				
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 - 07/16/2026				
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 - 07/17/2026				
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

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.

This institution is an equal opportunity provider