

San Juan Unified School District

JULY- 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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