

San Juan Unified School District

July 2026, Nutrient Analysis

ECE Cold Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 07/01/2026				
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
Thu - 07/02/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Mon - 07/06/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Tue - 07/07/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Wed - 07/08/2026				
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
Thu - 07/09/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Fri - 07/10/2026				
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
Mon - 07/13/2026				
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
Tue - 07/14/2026				
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

Wed - 07/15/2026				
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

Thu - 07/16/2026				
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

Fri - 07/17/2026				
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

Mon - 07/20/2026				
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

Tue - 07/21/2026				
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

Wed - 07/22/2026				
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

Thu - 07/23/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 07/24/2026				
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

Mon - 07/27/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Tue - 07/28/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 07/29/2026				
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

Thu - 07/30/2026				
	Size	(kcal)	(g)	(g)
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 07/31/2026				
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

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