

San Juan Unified School District

August 2026, Nutrient Analysis

Bridges Super Snack

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 08/13/2026				
CHEESE LUNCH PACK	PKG	312	6	34.3
VEGGIE JUICE ,100%	1 each	60	7	13.0
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 CHOC	1 CARTON	90	12	13.0

Fri - 08/14/2026				
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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 CHOC	1 CARTON	90	12	13.0

Mon - 08/17/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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 CHOC	1 CARTON	90	12	13.0

Tue - 08/18/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
JUICE VARIETY, BOX	CARTONS	60	13	14.5
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Wed - 08/19/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Thu - 08/20/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROTS, PKG	2.6 OZ PK	25	3	6.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Fri - 08/21/2026				
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
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 CHOC	1 CARTON	90	12	13.0

Mon - 08/24/2026				
BRIDGES SUPER SNACK	Total			
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
CARROTS, PKG	2.6 OZ PK	25	3	6.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Tue - 08/25/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Wed - 08/26/2026				
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
VEGGIE JUICE ,100%	1 each	60	7	13.0
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 CHOC	1 CARTON	90	12	13.0

Thu - 08/27/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CARROTS, PKG	2.6 OZ PK	25	3	6.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 CARTON	90	12	13.0

Fri - 08/28/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
CELERY STICKS	1/2 CUP	8	1	1.5
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 CHOC	1 CARTON	90	12	13.0

Mon - 08/31/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE CHOC	1 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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