

San Juan Unified School District

August 2026, Nutrient Analysis

Elem;K-8 Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Wed - 08/12/2026				
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Thu - 08/13/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
BANANA BREAD,SLICE	1 EACH	365	25	53.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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

Fri - 08/14/2026				
PAN DULCE,WHITE	1 each	230	7	30.0
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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 - 08/17/2026				
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
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

Tue - 08/18/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Wed - 08/19/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0

MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Thu - 08/20/2026				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
PEARS,CANNED	1/2 CUP	60	12	16.0
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

Fri - 08/21/2026				
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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 - 08/24/2026				
CHORIZO CHEESE PIZZA	1 EACH	181	2	20.92
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Tue - 08/25/2026				
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
BISCUIT W/GRAVY	1 EACH	260	5	40.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
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

Wed - 08/26/2026				
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
DIP N CRUNCH PACK	SERVING	525	25	64.55
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Thu - 08/27/2026				
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
COCOA BERRY OATS	SERVING	623	28	84.36
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
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 - 08/28/2026				
FRESH BAKED MINI LOAF	SVG	435	39	70.49
PAN DULCE, WHITE	1 EACH	230	7	30.0
CEREAL VARIETY, WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES, CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
MILK, FAT FREE WHITE	CARTON	90	12	13.0

Mon - 08/31/2026				
BISCUIT W/GRAVY, SAUSAGE	1 EACH	300	5	40.0
BISCUIT W/GRAVY	1 EACH	260	5	40.0
CEREAL VARIETY, WG	BOWL/CUP	223	13	45.67
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
RAISINS	1BOX	120	27	29.0
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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