

San Juan Unified School District

September 2026, Nutrient Analysis

Middle sch Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
MONDAYS				
BANANA BREAD,SLICE	1 EACH	365	25	53.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
CHKN ,POTATO, CH TACO	1 EA	360	2	34.0
COCOA BERRY OATS	SERVING	623	28	84.36
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
PAN DULCE,WHITE	1 each	230	7	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
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

TUESDAYS				
PAN DULCE,WHITE	1 each	230	7	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
CHKN ,POTATO, CH TACO	1 EA	360	2	34.0
COCOA BERRY OATS	SERVING	623	28	84.36
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
PEACHES,CANNED	1/2 CUP	60	13	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

WEDNESDAYS				
PAN DULCE,WHITE	1 each	230	7	30.0
BANANA BREAD,SLICE	1 EACH	365	25	53.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
CHKN ,POTATO, CH TACO	1 EA	360	2	34.0
COCOA BERRY OATS	SERVING	623	28	84.36
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
YOG PARFAIT/BERRY	SERVING	518	41	93.79
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
PEARS,CANNED	1/2 CUP	60	12	16.0
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

THURSDAYS				
MIDDLE SCHOOL BREAKF	Total			
PAN DULCE, WHITE	1 each	230	7	30.0
BANANA BREAD, SLICE	1 EACH	365	25	53.0
CEREAL VARIETY, WG	BOWL/CUP	223	13	45.67
CHKN ,POTATO, CH TACO	1 EA	360	2	34.0
COCOA BERRY OATS	SERVING	623	28	84.36
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
TURKEY HAM & CH CROISSANT, IW	1 EACH	330	5	30.0
PANCAKES W/BERRY BLEND	SERVING	177	13	38.01
PEACHES, CANNED	1/2 CUP	60	13	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

FRIDAYS				
PAN DULCE, WHITE	1 each	230	7	30.0
BANANA BREAD, SLICE	1 EACH	365	25	53.0
CEREAL VARIETY, WG	BOWL/CUP	223	13	45.67
CHKN ,POTATO, CH TACO	1 EA	360	2	34.0
COCOA BERRY OATS	SERVING	623	28	84.36
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
FRESH BAKED MINI LOAF	SVG	435	39	70.49
DIP N CRUNCH PACK	SERVING	525	25	64.55
TURKEY HAM & CH CROISSANT, IW	1 EACH	330	5	30.0
YOG PARFAIT/BERRY	SERVING	518	41	93.79
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
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

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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