

San Juan Unified School District

September 2026, Nutrient Analysis

Bridges Super Snack

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Tue - 09/01/2026				
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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
Wed - 09/02/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE MILK,	1 CARTON	130	15	16.0
FAT FREE CHOC	1 CARTON	90	12	13.0
Thu - 09/03/2026				
BRIDGES SUPER SNACK	Total			
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
VEGGIE JUICE ,100%	1 each	60	7	13.0
APPLESAUCE CUP ,1W	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 - 09/04/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
CELERY STICKS	1/2 CUP	8	1	1.5
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
Tue - 09/08/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
CARROTS, PKG	2.6 OZ PK	25	3	6.0
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 - 09/09/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE MILK,	1 CARTON	130	15	16.0
FAT FREE CHOC	1 CARTON	90	12	13.0
Thu - 09/10/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
CELERY STICKS	1/2 CUP	8	1	1.5
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 - 09/11/2026				
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 - 09/14/2026				
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 - 09/15/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE MILK,	1 CARTON	130	15	16.0
FAT FREE CHOC	1 CARTON	90	12	13.0

Wed - 09/16/2026				
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 - 09/17/2026				
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 - 09/18/2026				
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 - 09/21/2026				
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

Tue - 09/22/2026				
WOWBUTTER GRAPE SWICH	1 SANDWICH	540	19	53.0
BROCCOLI FRESH	1/2 CUP	25	1	4.0
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

Wed - 09/23/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE MILK,	1 CARTON	130	15	16.0
FAT FREE CHOC	1 CARTON	90	12	13.0

Thu - 09/24/2026				
BURRITO, BEAN & CH (H)	1 EACH	305	3	42.07
VEGGIE JUICE ,100%	1 each	60	7	13.0
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 - 09/25/2026				
BOILED EGG W/CRACKERS	SERVING	250	5	31.0
CELERY STICKS	1/2 CUP	8	1	1.5
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

Mon - 09/28/2026				
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 - 09/29/2026				
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 - 09/30/2026				
BBQ CHKN BITES MEAL KIT	1 EACH	530	46	68.0
MILK, 1% LOW FAT WHITE MILK,	1 CARTON	130	15	16.0
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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