

San Juan Unified School District

October 2026, Nutrient Analysis

ELEM; K-8

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 10/01/2026				
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 - 10/02/2026				
EGG BAKE BURRITO (FRESH)	SVG	310	1	29.67
COCOA FRUIT 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 - 10/05/2026				
PANCAKES W/FRUIT	SERVING	210	17	39.0
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
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
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 - 10/06/2026				
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32	54.0
COCOA FRUIT OATS	SERVING	623	28	84.36
BAGEL /JALPENO CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE VARIETY, BOX	CARTONS	60	13	14.5
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 - 10/07/2026				
EGG N CHEESE PACK	SERVING	220	3	14.6
COCOA FRUIT 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
PEARS,CANNED	1/2 CUP	60	12	16.0
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

Thu - 10/08/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
DIP N CRUNCH PACK	SERVING	525	25	64.55

BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
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

Fri - 10/09/2026				
EGG CHILAQUILES	SVG	330	3	31.93
COCOA FRUIT 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
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

Mon - 10/12/2026				
EGG N CHEESE PACK	SERVING	220	3	14.6
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
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
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 - 10/13/2026				
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
BISCUIT W/GRAVY	1 EACH	260	5	40.0
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
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 - 10/14/2026				
EGG CHILAQUILES	SVG	330	3	31.93
COCOA FRUIT 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
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

Thu - 10/15/2026				
PANCAKES W/FRUIT	SERVING	210	17	39.0
COCOA FRUIT OATS	SERVING	623	28	84.36
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
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

Fri - 10/16/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
PANCAKE BEEF SAUSAGE STICK	1 EACH	173	7	16.5
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
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

Mon - 10/19/2026				
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
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
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 - 10/20/2026				
EGG CHILAQUILES	SVG	330	3	31.93
COCOA FRUIT OATS	SERVING	623	28	84.36
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEARS,CANNED	1/2 CUP	60	12	16.0
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 - 10/21/2026				
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32	54.0
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
JUICE VARIETY, BOX	CARTONS	60	13	14.5
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

Thu - 10/22/2026				
EGG N CHEESE PACK	SERVING	220	3	14.6
COCOA FRUIT OATS	SERVING	623	28	84.36
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
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

Fri - 10/23/2026				
PANCAKE BEEF SAUSAGE STICK	1 EACH	173	7	16.5
COCOA FRUIT 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
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
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Mon - 10/26/2026				
PANCAKES W/FRUIT	SERVING	210	17	39.0
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
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
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 - 10/27/2026				
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32	54.0
COCOA FRUIT OATS	SERVING	623	28	84.36
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
JUICE VARIETY, BOX	CARTONS	60	13	14.5
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 - 10/28/2026				
EGG N CHEESE PACK	SERVING	220	3	14.6
COCOA FRUIT 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
PEARS,CANNED	1/2 CUP	60	12	16.0
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

Thu - 10/29/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
DIP N CRUNCH PACK	SERVING	525	25	64.55
BAGEL /JALPEN0 CR CHEESE	PKG	220	3	27.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
PEACHES,CANNED	1/2 CUP	60	13	14.0
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

Fri - 10/30/2026				
EGG CHILAQUILES	SVG	330	3	31.93
COCOA FRUIT 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
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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