

San Juan Unified School District

October 2026, Nutrient Analysis

Middle School Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
MONDAYS				
BANANA BREAD,SLICE	1 EACH	365	25	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
BREAKFAST CROISSANT	SVG	269	8	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
EGG CHILAQUILES	SVG	330	3	31.93
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
PANCAKES W/FRUIT	SERVING	210	17	39.0
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

TUESDAYS				
BANANA BREAD,SLICE	1 EACH	365	25	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
BREAKFAST CROISSANT	SVG	269	8	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
EGG CHILAQUILES	SVG	330	3	31.93
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
DIP N CRUNCH PACK	SERVING	525	25	64.55
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32	54.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
JUICE VARIETY, BOX	CARTONS	60	13	14.5
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 WHITE	CARTON	90	12	13.0

WEDNESDAYS				
BANANA BREAD,SLICE	1 EACH	365	25	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
BREAKFAST CROISSANT	SVG	269	8	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
EGG CHILAQUILES	SVG	330	3	31.93
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
BISCUIT W/GRAVY,SAUSAGE	1 EACH	300	5	40.0
PANCAKES W/FRUIT	SERVING	210	17	39.0
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

THURSDAYS				
BANANA BREAD,SLICE	1 EACH	365	25	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
BREAKFAST CROISSANT	SVG	269	8	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
EGG CHILAQUILES	SVG	330	3	31.93
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
DIP N CRUNCH PACK	SERVING	525	25	64.55
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32	54.0
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				
BANANA BREAD,SLICE	1 EACH	365	25	53.0
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
BREAKFAST CROISSANT	SVG	269	8	33.75
CINN MAPLE SAUSAGE ROLLUP	1 EACH	120	2	15.0
CEREAL VARIETY,WG	BOWL/CUP	223	13	45.67
EGG CHILAQUILES	SVG	330	3	31.93
YOG PARFAIT/SUNUP	SERVING	310	30	58.0
YOGURT SMOOTHIE, WG CHURRO ST	SVG	330	32	54.0
PANCAKES W/FRUIT	SERVING	210	17	39.0
FRUIT VARIETY ,CANNED	1/2 CUP	60	13	15.67
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
JUICE VARIETY, BOX	CARTONS	60	13	14.5

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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