

San Juan Unified School District

October 2026, Nutrient Analysis

ECE Cold Breakfast

	Portion Size	Cals (kcal)	Sugars (g)	Carb (g)
Thu - 10/01/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Fri - 10/02/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Mon - 10/05/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Tue - 10/06/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Wed - 10/07/2026				
BOILED EGG W/BUN	SERVING	150	3	15.0
COCOA FRUIT OATS	SERVING	623	28	84.36
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Thu - 10/08/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Fri - 10/09/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0
Mon - 10/12/2026				
BOILED EGG W/BUN	SERVING	150	3	15.0
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Tue - 10/13/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 10/14/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
COCOA FRUIT OATS	SERVING	623	28	84.36
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 10/15/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
COCOA FRUIT OATS	SERVING	623	28	84.36
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 10/16/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Mon - 10/19/2026				
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Tue - 10/20/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
COCOA FRUIT OATS	SERVING	623	28	84.36
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 10/21/2026				
OATMEAL ROUND,CINN/APP	1 EACH	280	14	38.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 10/22/2026				
BOILED EGG W/BUN	SERVING	150	3	15.0
COCOA FRUIT OATS	SERVING	623	28	84.36
PEACHES,CANNED	1/2 CUP	60	13	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 10/23/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
COCOA FRUIT OATS	SERVING	623	28	84.36
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Mon - 10/26/2026				
TURKEY HAM & CH CROISSANT,IW	1 EACH	330	5	30.0
CEREAL, RICE CHEX (ECE)	BOWL (1OZ)	110	2	24.0
APPLESAUCE CUP ,IW	1 EACH	60	18	14.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Tue - 10/27/2026				
PANCAKES, MINI MAPLE	PACKAGE	200	10	35.0
COCOA FRUIT OATS	SERVING	623	28	84.36
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Wed - 10/28/2026				
BOILED EGG W/BUN	SERVING	150	3	15.0
COCOA FRUIT OATS	SERVING	623	28	84.36
PEARS,CANNED	1/2 CUP	60	12	16.0
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Thu - 10/29/2026				
BLUEBERRY BANANA MINI LOAF	SVG	332	24	52.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

Fri - 10/30/2026				
MUFFIN VARIETY (SM)	1 EACH	118	7	19.5
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	8	10.41
MILK, 1% LOW FAT WHITE	1 CARTON	130	15	16.0

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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